



P.O. Box 87
East Rochester, NY 14445

Sponsored by



The 17th Annual **Karknocker 5K**



Save The Date

**Friday, July 25 at 7 pm
East Rochester High School**

**Come join us in East Rochester for
the 17th Annual Karknocker 5K**

**Then join us afterwards for the
East Rochester Fire Department
Field Days. There will be live music,
dancing, rides, food and fun!**

The 17th Annual Karknocker

\$3,350 in Prize Money

Starts and finishes at ER High School

Flat Fast Course through the Village

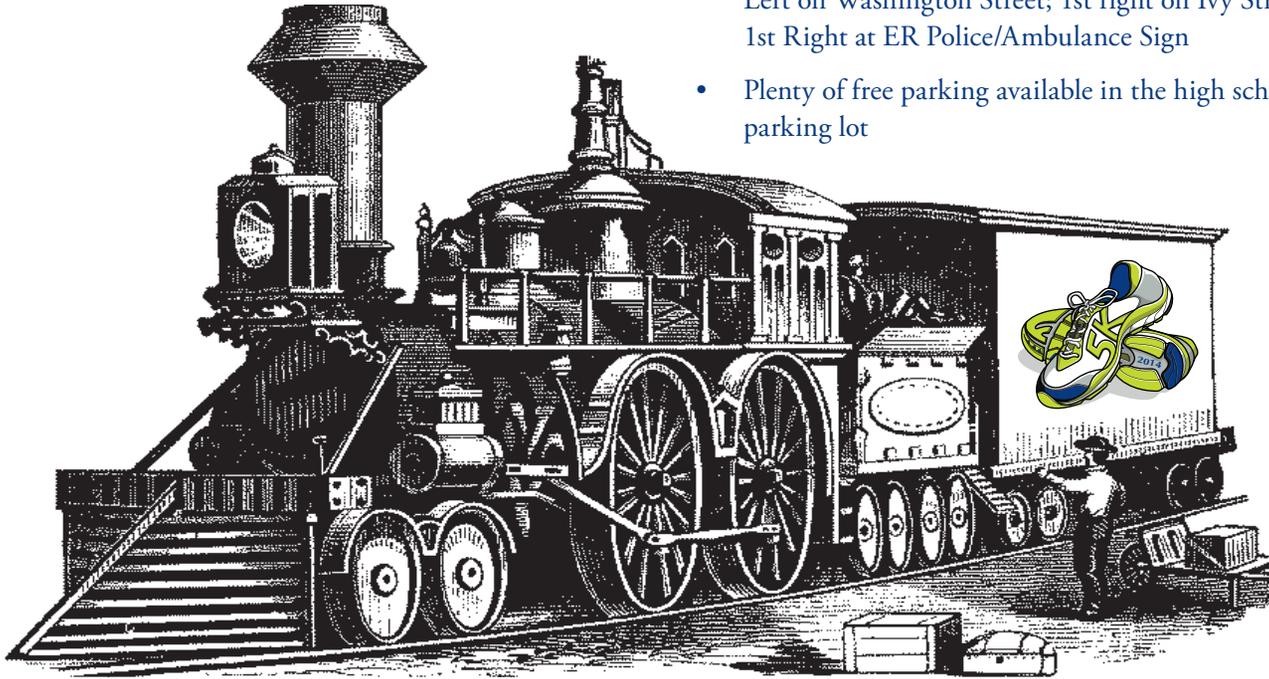
T-Shirts to the first 200 runners

**Free food and drink for all runners
after the race**

**\$20 for Pre Register (by July 23) and
\$25 the day of the race**

Awards to the Top 5 Finishers

**For more information and to sign up,
visit www.eastrochester.org**



Race Details

- \$3,350.00 in Prize Money - USTAF Certified Course
- Start and Finish at ER High School - Flat, fast course through the Village
- Awards to Top 5 finishers: >Top overall Male & Female \$500 > 2nd Place Male & Female \$400.00 >3rd Place Male & Female \$300 >4th Place Male & Female \$200.00 >5th Place Male & Female \$100.00 >Masters Overall Male & Female \$75.00 >Winning Male & Female if they break the course record \$100.00 >Medals for Top 3 Male & Female in each age group (no duplicate awards)
- T-shirts to the first 200 runners and free food & drink for all runners at completion of race
- YellowJacket Racing will compute race results
- Race Day registration at ER High School (200 Woodbine Ave.) starting at 6:00 pm
- Directions: 490 to Exit 25 Fairport; to 31F East; Left on Washington Street; 1st right on Ivy Street; 1st Right at ER Police/Ambulance Sign
- Plenty of free parking available in the high school parking lot

2014 Karknocker 5K

Make Check Payable to East Rochester Chamber of Commerce

Mail Registration to ER Chamber of Commerce, P.O. Box 87, East Rochester, NY 14445

\$20 (Pre-registration) \$25 Race Day Additional Donation

First Name _____ MI _____ Last Name _____

Street Address _____ City _____ State _____ Zip _____

Phone _____ M/F _____ Age _____ T-shirt Size (choose one) s m l xl

I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrator assume all risks and damages to my person or property, waive, release and forever discharge any and all claims for damages against the East Rochester Chamber of Commerce officers, their representative and successors and agree to hold harmless and indemnify those parties from any claims of nature arising out of my participation in this event. I verify that I am physically fit for the completion of this run. I understand that in the event the race is cancelled, there will not be a refund of the entry fee.

Signature _____ Parent/Guardian (if under 18) _____